

## The NEST Empowerment Center MEAL PROVIDERS 2023-2024

Evening meals at The NEST provide an opportunity for us to gather around the table to enjoy a nice supper and talk about the happenings of the day. For many of our students, sitting and eating family style with a bountiful amount of food is not something they are able to experience anywhere else.

Meal providers assist in this vital service by providing an entree, veggie-based side and a dessert — enough to feed at 20 people. Student favorites include chicken alfredo, lasagna, sliders, Sloppy Joes, tacos, meatloaf, meatball subs, casseroles with meat cheese and/or pasta. Favorite sides include salads, fresh veggies, roasted veggies, mac and cheese, rice and potatoes.

We ask that fully-cooked meals be delivered at The NEST between 3pm-5pm. If you do not want to be here when students are here, please plan to deliver before 4pm. There are no dietary restrictions for our meal providers as we have a food pantry to accommodate any special need on any given day a student might request.

The NEST provides dishes, glasses, bowls, utensils and necessary items to feed students family-style around 2-3 tables. We have the NESTlings set the tables and sit down to eat at 6 p.m. daily.

## **OPEN MEAL DATES FOR FALL 2023:**

- Tuesday, Sept. 5, Thursday, Sept. 14, Monday, Sept. 25
- Tuesday, Oct. 3, Thursday, Oct. 12, Tuesday, Oct. 17, Monday, Oct. 23, Wednesday, Oct. 25
- Thursday, Nov. 9
- Tuesday, Dec. 5, Monday, Dec. 11

Please contact TGP NEST Coordinator Brigid Cooley at brigid@georgetownproject.org or 512-819-4200 to schedule a date.

Breaking bread with the NESTlings is truly the foundation of everything we are able to do at The NEST. Thank you for helping us serve these students.